

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 6 rice paper rolls

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Demonstrated by Brandon Cheng

The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

Table of Contents

How to participate in the Thrive Learning programs 4

Icons 4

Module Overview 5

Description 5

Outcomes 5

Risks 5

Equipment 6

Ingredients 6

Equipment list 6

Methods 7

To get ready 7

Let’s get cooking 7

Activities 11

Vocabulary 18

Coming up next module 19

How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

Module Overview

Description

This is Module 6 in the Thrive Learning program about cooking.

This module will teach you how to make rice paper rolls. Rice paper rolls look really hard, but by buying the pre-cut ingredients from the supermarket, this can be a wonderful, healthy meal that is fun to put together!

Outcomes

By the end of this module you will:

- Have a basic understanding of some kitchen utensils and appliances used in the kitchen.
- Increase your ability and confidence in making meals.
- Plan and organise meals that require you to buy certain ingredients.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat rice paper rolls!



Risks



- **Boiling water** – You need to be careful not to burn yourself.
- **Cooking with prawns / pork** – You need to make sure your meat is refrigerated when not in use so it doesn't go bad and make you sick when you eat it.
- **Prawns** - Some people are allergic to prawns. Do not eat prawns if you have any allergies.

There is no stoves, ovens, or any sharp objects involved in this recipe.

Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

Ingredients



Deli pork
(3 slices per serve)



Fresh mint
(1 small handful)



Cooked, peeled prawns
(6 per serve)



Pre-shredded vegetables
(1 handful)

You can use any pack of pre-shredded vegetables you can find at your local supermarket.



Rice paper
(3 sheets)



Sweet chilli sauce or hoisin sauce
(1/4 cup)



Vermicelli noodles
(1 portion)

Equipment list

- Big bowl
- Medium bowl
- Chopping board
- Plate
- Fork
- Small bowl



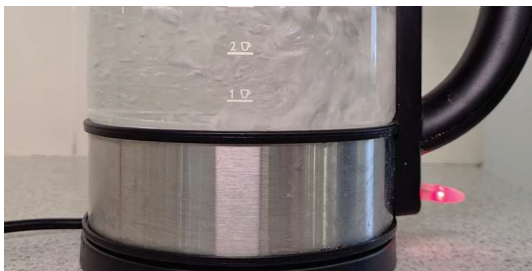
Method



To get ready

1. Wash your hands.
2. Fill your sink with warm water.
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

Let's get cooking

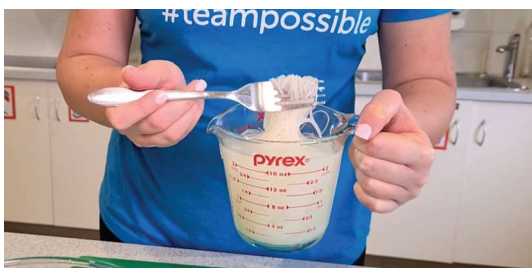


1. Fill the kettle and turn it on.



2. When the water has boiled, put a portion of vermicelli noodles in a bowl and cover it with the boiling water.

If you do not want to use boiling water, you can cover the noodles with warm water from the tap.



3. Check on the noodles every few minutes.
The best way to tell if they are ready is to taste them. They should be soft, but not too chewy.



4. When the vermicelli noodles are ready, take them out with a fork and put them in a bowl.



5. Fill a big bowl with warm water from your tap.



6. Dip 1 sheet of rice paper into the water in the big bowl.

You can spin it so that the whole piece of rice paper gets wet.



7. Lay the rice paper flat on a chopping board.



8. Put two prawns in the middle of the rice paper.
Remember to take the prawn shell off the tail.



9. Put a piece of roast pork on top of the prawns.



10. Add a few mint leaves.



11. Add some shredded vegetables.



12. Add some vermicelli noodles.



13. Roll the rice paper roll.



14. Repeat steps 6 – 13 until you have 3 rolls.



15. Pour out enough sweet chilli or hoisin sauce to dip into a small bowl.




You are done!


Before you eat, make sure you:

- Put all your ingredients back where they belong.
- Put all your equipment in the sink.

Activities

1.  How many ingredients are needed for today's recipe? _____

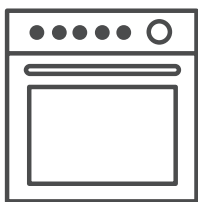
2. In the video, Brandon pours boiling water over how many portions of vermicelli noodles?
- _____

3.  The noodles need to be submerged. What does this mean?

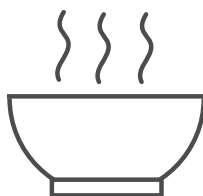


Hint: Watch the video of Brandon pouring water over the noodles.

4. Rice paper is quite stiff when you take it out of its packet. How do you make it so that it rolls and is floppy? Circle the correct image below:



stove



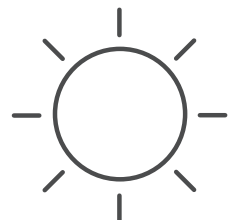
bowl of
hot water




fire




fridge



sun

5.  What do you need to remember if you are using prawns in your recipe?


6.  You only need a little bit of each ingredient for rice paper rolls. What would happen if you fill your rolls too much?

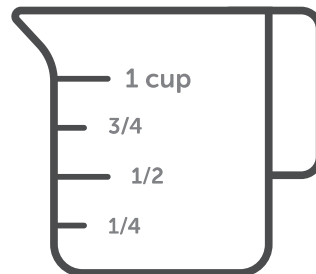
7. When rolling rice paper rolls you need to do it in the correct order. Place a number underneath each of the activities below to make sure you roll rice paper rolls correctly:

**Tuck the
sides of the
rice paper in.**

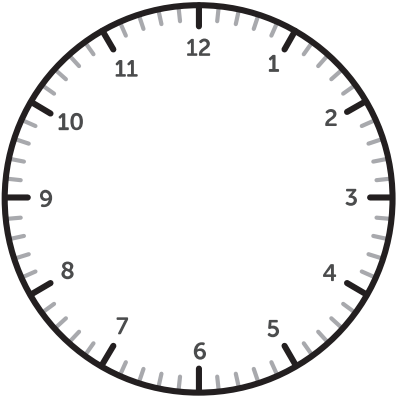
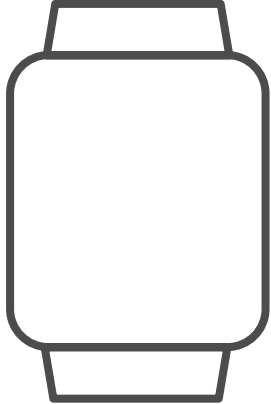
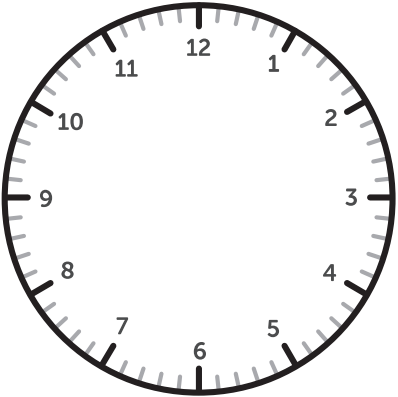
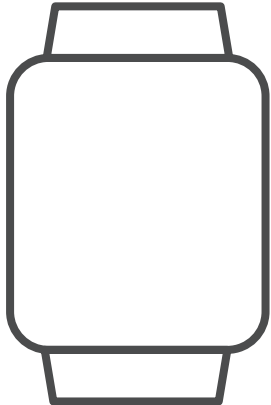
**Continue
rolling the rice
paper over.**

**Start from
one end and roll
over the top of the
ingredients.**

8.  Natalie uses sweet chilli sauce as her dipping sauce. How much does the recipe say to use? Place a line on the jug below to show how much she uses:



9. Brandon mentions he would eat rice paper rolls for lunch or dinner. On the clocks below, draw in the time (or the long/short hands) to show what times you eat lunch and dinner. Or write the times into the digital clocks.

	Lunch	
	Dinner	

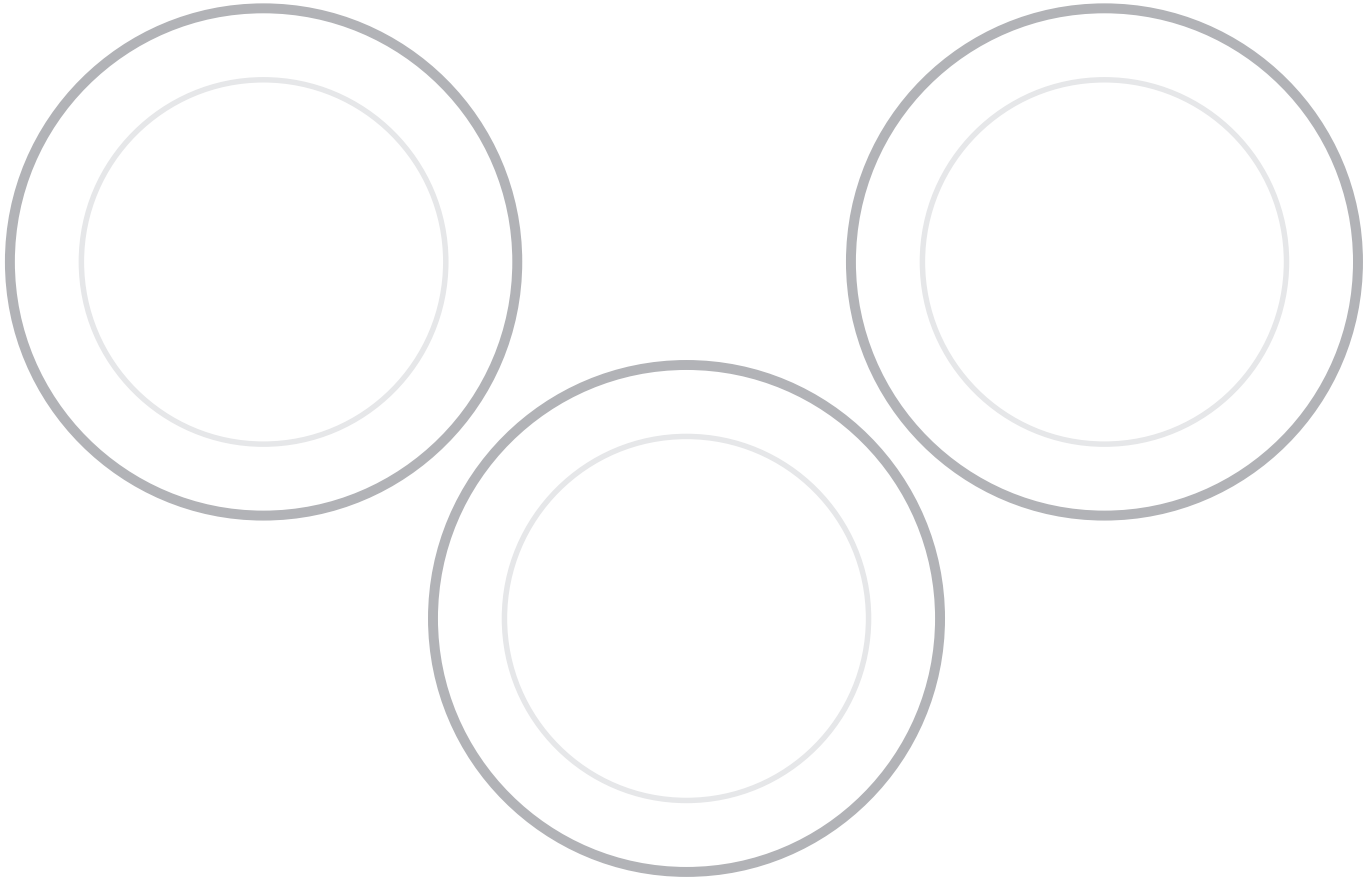
10. Rice paper rolls use only small portions of meat and vegetables.

Do you think they are healthy? _____

11. You've decided to host a party for 3 friends and you want to make rice paper rolls. On the plates below, write down 3 different types of rice paper rolls you would make.




Hint: Think about types of meat, vegetables and sauce!



12. Your friends eat all the rice paper rolls and you decide to make 2 more for each person. How many rolls do you now need to make?



Hint: 2 rolls x 3 people _____

13.  In Module 5 you made caprese salad. Caprese salad is from Italy. Write down 3 differences between caprese salad and rice paper rolls:

a. _____

b. _____

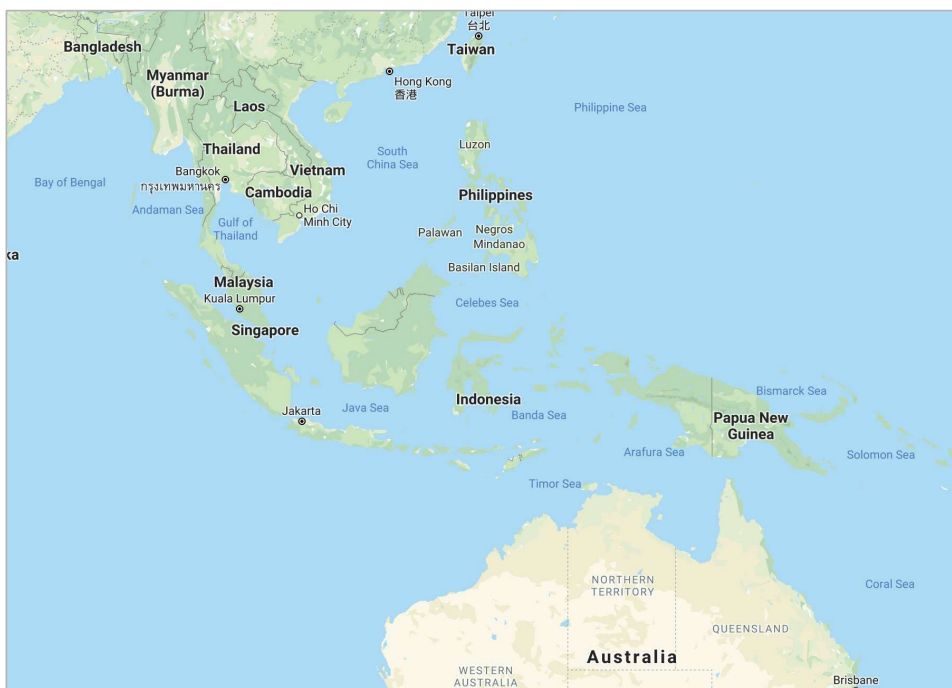
c. _____

14. Make a choice! After eating both the caprese salad and rice paper rolls, which one did you like better?

15. After answering question 14, write down why you like either the salad or rolls better.

Time for some geography!

16. Rice paper rolls are from Vietnam. On the map below, circle where you think Vietnam is:

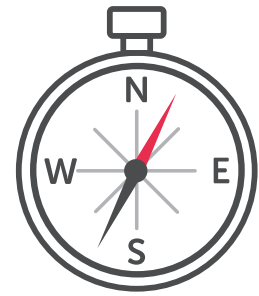


Source: Google Maps

17. If travelling from Vietnam to China, which direction (North, South, East, West) would you be going? _____



Source: Google Maps



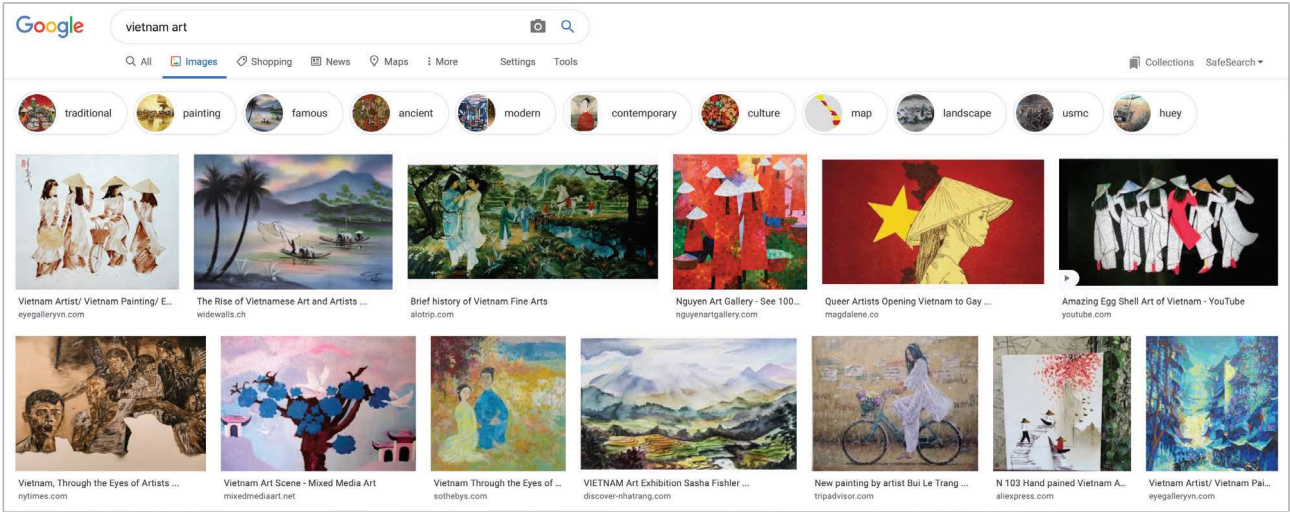
18. From China, you want to travel to India. Draw a line on the map to show which direction you need to go:



Source: Google Maps

19. A search for Vietnamese art on Google shows the following results.

What colours are mostly used in Vietnamese art? _____



Source: Google

20. So far in the cooking program you’ve made 6 different recipes. Using the schedule below, write down when you would be eating these meals:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Vocabulary

Icon	A picture or symbol used to describe something.
Hints	A small piece of information that helps you do or guess something more easily.
Equipment	Supplies or tools needed for a special purpose.
Module	An instructional unit that focuses on a particular topic.
Utensils	A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons.
Ingredients	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
Risk	Is the possibility or chance of loss, danger or injury.
Foreign cuisine	Food that originates (comes) from another country. A caprese salad is from Italy.
Food presentation	How you present (make) food look on the plate.
Food pairings	When two or more foods (like tomato and basil), go really well when eaten together.
Submerged	Completely underwater, hidden or covered.

Coming up next module

In Module 7, we will be making a superfood salad.



The ingredients and equipment you will need to make this recipe are listed below.



Before you go shopping, check to see if you have any of the ingredients already in your house.

Shopping list

- **Washed kale**
(one bunch or one packet)
You can buy it already cut in a packet, or buy a bunch of kale.
- **Pumpkin seeds**
(1/2 a cup) These can also be called pepita seeds.
- **Salt**
- **Dried goji berries**
(1/2 a cup)
- **Olive oil**
(1 and a 1/2 tablespoons)
- **Balsamic glaze**
(1 teaspoon) We also used this ingredient in Module 5 for the caprese salad.

Equipment list

- Big mixing bowl
- Wooden spoon
- Kitchen scissors

